

SIGMA THETA TAU INTERNATIONAL
HONOR SOCIETY OF NURSING



The Pillar

Newsletter of the Lambda Pi Chapter, University of Toronto Faculty of Nursing

Volume 7, Number 2

Spring 1997

Fall Program

The Compassionate Stranger: A Dialogue with Dr. Patricia Benner

by Pam Hubley, RN, MSc

Dr. Benner's dialogue at the Fall STT meeting was reflective of her formal comments presented at a lecture hosted by The Joint Centre of Bioethics at the University of Toronto. The following comments are a synopsis and synthesis of her remarks delivered at both meetings.

Dr. Benner challenged the audience of multidisciplinary health care professionals to think about their impact on the lives of the patients they meet and serve. She suggested we examine how we think of ourselves. Traditionally health care providers have been seen as "helpers" or as "good Samaritans". In Benner's view we need to shift this perception from the "saviour" role to a more real and humanistic view of ourselves as "vulnerable persons". Clearly, we as professionals are as vulnerable as many of the people we work with and this vulnerability can be the basis for interpersonal relationships that sustain, engage and transcend clinical situations. Real relationships should provide a guiding light for professionals to achieve the important aspects of informal dialogue that make relationships work; knowing the patient, seeing the patient within the context of their life, bearing witness to suffering, and providing comfort. Achieving relationships that value and enhance these aspects will move nurses and other professionals from a position of control to a position of care.

Benner suggests that if nurses do not engage in real caring they are contributing to the "ethical violence" that results from trying to control another. Independence and individuality must be respected by appreciating that culture

and social influences in our patient's lives have shaped them to be who they are. This individual respect, when achieved, will translate to broader social circumstances and move the health care professionals beyond their paternalistic views.

Speaking eloquently about the importance of honoring the spirit of individuals Benner suggested five strategies nurses can use to achieve compassionate caring even in the briefest of interactions.

- . Meeting the other. Getting to know the patient and acting as advocate when appropriate.
- . Following the body's lead by following the patient's dialogue and body language.
- . Protecting the life of the person even in the context of complex medical situations.
- . Providing comfort measures such as holding a hand or providing bodily comfort. Being with a patient in a real sense of connection.
- . Bearing witness to the suffering. A subtle art that requires excellent interpersonal connections.

Benner identified her fears for the "new economy" of health care that is moving nurses away from the bedside, away from time with patients and away from interpersonal connections. Incentives in today's health care environment seem to be related to decreasing patient contact rather than increasing it. The moral and

(continued on page 2)

Sigma Theta Tau, Lambda Pi Chapter Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location</u>
May 5, 1997 (Monday)	Induction Ceremony Lambda Pi Chapter Speaker: Dr. Lo-Ann Beckerson, RN, MHSc, CNS Women's Health Topic: Challenges around menopause	Mount Sinai Hospital 18th Floor Auditorium
June 21, 1997 (Saturday)	9th International Nursing Research Congress (in conjunction with the 21st Quadrennial Congress of the International Council of Nurses) Theme: Sharing the Health Care Challenge: A Research Perspective (Sponsored in cooperation with the University of British Columbia School of Nursing and Xi Eta)	Vancouver, British Columbia
December 2-6, 1997	STT Biennial Convention 75th Anniversary	Indianapolis, Indiana

**For further information on any of these events,
please contact the Lambda Pi voicemail at 416-978-8318**

The Compassionate Stranger: A Dialogue with Dr. Patricia Benner (cont'd.)

by Pam Hubley, RN, MSc

and emotional work of nursing is hidden in the current language of "market systems". Benner warned the audience that if we, as moral beings, did not speak up for the rights, morals and justices in health care, they would be lost in the new language. She warned that the "techno-fix" is pulling people apart and the need for connections is even more important in this context. Indeed, the time has come for nurses to meet and gather together to prevent further erosion of the caring paradigm. Authentic caring is not easily articulated but is desperately needed and we all have a responsibility to provide it. In Benner's perception, the compassionate stranger is authentic and vulnerable. The compassionate stranger does what is required, takes time to get to know the patient, bears witness to suffering, knows what's going on in the persons life and is able to support the healing process at both a physical and spiritual level. The compassionate stranger is a nurse. Benner referred to Astrid Norberg's notion of authentic caring that requires nurses and others to develop their skills of involvement opening up to the horizons of time, accessing connections through the familiar and using affection and relationship as the tools. Finally, Benner commented on the importance of nurses providing the "body work". The work that is alongside the patient, grounded in the *doing for* and *being with* patients. She warned nurses not to buy into the hierarchy of "rational decision making" that would move their roles away from patients. Multiskilled workers should not replace nursing work since nurses must literally be *in touch* with their patients. These moments of being in touch allow nurses to have moments of connection which in turn, enables nurses to bear the burden of authentic caring. Authentic caring does not mean nurses or others "fix" problems, it means they acknowledge, take time with, and honor the spirit and physical needs of the other.

Benner's words were inspiring and rang true to the needs of many of our patients. I only hope nurses can hear these words, recognize the need for and protect the right's of patients to have authentic caring and connection.

President's Message

by Gail Donner

On behalf of the Board and membership of Lambda Pi, I want to welcome new members to the chapter. This will be your first newsletter and I hope that you find it helpful in bringing you up to date on Lambda Pi and STT activities. Please use it to keep informed about your activities as well. I hope all members have had a chance to have some R & R over the summer--in these turbulent times, we need to "refuel" on a regular basis.

This newsletter is really a call for involvement. Lambda Pi is only as strong as our membership and so we are asking you to nominate your colleagues for membership in STT. Lambda Pi as a scholarship network, provides opportunities for connecting with the people and issues that shape nursing's present and our collective futures.

This is also the time for you to think about those Lambda Pi colleagues who have made extraordinary contributions to the profession and to take a few minutes to nominate them for a Lambda Pi Award of Excellence. In difficult times, and these are some of the most difficult we've faced in nursing, recognizing a colleague's achievement is one way of re-energizing ourselves and of using collegueship as a force for change.

Please read this newsletter for more information about how you can become involved and how you can encourage others to do the same. I look forward to seeing you at Lambda Pi events and want to remind you that I and the Board are available to answer your questions and hear your suggestions.

Chapter Information

General Information

Information about events and all related applications are available from the Faculty of Nursing, University of Toronto. Please leave a message with your request at 416-978-8318.

Bulletin Board Communications

The Lambda Pi chapter has a bulletin board located at the Faculty of Nursing, 50 St. George Street, on the second floor beside Room 204. Currently posted on the board is information regarding the ***9th International Nursing Research Congress*** being held in Vancouver, B.C. on June 21, 1997 in conjunction with the ICN 21st Quadrennial Congress.

Invitation to Chapter Events

A reminder that all chapter events are open to members and their invited guests. Please feel free to bring a friend or colleague to all local sessions.

E-Mail Book Service

The ***Sigma Theta Tau International Book Service*** is a new service offered to members. The Book Service is an expansion of Doody's Book Review Home Page and provides e-mail users access to peer reviews of nursing book. Members can also place book orders. Members interested in this service may obtain access through our e-mail address: **library@stti.-sun.iupui.edu**.

Headquarters Information Line

Members can now contact Sigma Theta Tau International Headquarters in Indianapolis directly by calling: **1 - 888 - 634 - 7575**.

Headquarters E-mail Address

Members can now contact Sigma Theta Tau International Headquarters in Indianapolis by e-mail at: **stti@stti-sun.iupui.edu**.

Ryerson Report

by Adrian Winslow

Ryerson Polytechnic University School of Nursing is establishing a Nursing Honour Society with the intent to join Lambda Pi to form a Sigma Theta Tau International chapter-at-large. The Ryerson School of Nursing Honour Society Induction ceremony will take place Thursday May 29, 1997 at Ryerson.

A steering committee set up to develop this initiative is chaired by Janice Waddell, and is comprised of third and fourth year Basic nursing students, a Post R.N. student representative, alumni, and School of Nursing faculty. The steering committee has invited eligible students, faculty, and alumni to apply for membership.

Ryerson's School of Nursing has an enrollment of approximately 1200 full and part-time students in the Basic four year, Post R.N., and Nurse Practitioner programs. The 490 students enrolled in the Basic program are full time, whereas 72.5% of the 675 students enrolled in the Post R.N. program are completing their baccalaureate degree on a part time basis. Similarly, the Nurse Practitioner Program has an enrolment of 27 students, 20 of whom are part-time.

The presentations made to the ryerson nursing community to promote our honour society have been enthusiastically received, and we look forward to building on our collegial relationship through the formation of the chapter-at-large.

Members on the Move

by Raquel Meyer and Jackie Willems (U of T); Adrian Winslow (Ryerson)

Sharon Dore, CNS at Chedoke-McMaster Hospital in Hamilton was involved in a one year randomised trial in collaboration with the Grand River Hospital in Kitchener to evaluate the conventional use of alcohol on umbilical cord separation. Sharon presented the findings to the Ontario Hospital Association.

Diane Irvine, Assistant Professor, University of Toronto visited Delhi, India and Dahka, Bangladesh during the summer of 1996 for the purpose of a research project funded by the International Research and Development Council of Canada. Diane conducted interviews with government officials, community leaders, and health professionals concerning strengthening the role of nursing and nurse midwives. This project is a continuation of a study entitled: "*A Study to Examine Strengthening of Nursing and Midwifery Services Phase 1: An Examination of the Extent of Implementation of Resolution WHA 45.5*".

Diane Irvine and *Souraya Sidani*, Assistant Professors, University of Toronto and Margaret Keatings, Toronto Hospital, are conducting the Collaborative Care Model: An Evaluation Study to evaluate the impact of change in the patient delivery system on patient and staff outcomes.

Judith Pearce, Professor, Faculty of Nursing - Ryerson, is chair of the Planning Committee for development of a collaborative baccalaureate program with three community colleges - Centennial, Humber and George Brown Colleges of Applied Arts and Technology. This project received initial financial support from Ryerson and the three community colleges and has been awarded a grant from the Ministry of Education and Training, College-University Consortium Council. Ryerson was one of four nursing proposals to be funded.

Heather Beanlands, PhD (Candidate) is co-investigator on a multi-centered nursing research project exploring personality, self-care, and well being pre and post kidney transplant. The principal investigator is Dr. Martha Horsburgh from Windsor, and the project has received funding for two years from the Kidney Foundation of Canada.

***Sigma Theta Tau
Lambda Pi Chapter
Member News Form***

We at Sigma Theta Tau, Lambda Pi Chapter are delighted to hear about members' achievements, appointments, publications, grants and awards. We are pleased to carry announcements of such items in the "*Members on the Move*" or "*Chapter News*" or "*Publications*" section of the next newsletter. Please use this form to notify us of your accomplishments. Thank you!

Name: _____ Credentials: _____

Permanent Home Address: _____

City: _____ Province: _____ Postal Code: _____

Business Phone : _____ Home Phone: _____

Fax Number : _____ E-mail Address : _____

Current Chapter(s) Affiliation: _____

University of Your Respective Chapter(s): _____

Message : _____

Return to: Raquel Meyer (fax) 416 - 978 8222, Faculty of Nursing
University of Toronto, 50 St. George Street, Toronto, Ontario
M5S 1A1

Lambda Pi Chapter Member Achievements

by Raquel Meyer and Jackie Willems (U of T); Adrian Winslow (Ryerson)

Dr. Ellen Hodnett was appointed to the first endowed chair in nursing research in Canada, the *Heather M. Reisman Chair in Perinatal Nursing Research*, a joint effort of Mt. Sinai Hospital and the University of Toronto. Dr. Hodnett was also appointed as an *Editor for the Pregnancy and Childbirth Group of the International Cochrane Collaboration*. Dr. Hodnett and colleagues were awarded a five year grant (1996-2001) by the Medical Research Council of Canada for an international study in 168 centres in 18 countries entitled: *Term Breech Trial*. The trial is to determine which is the best policy for the mother and baby when the fetus is in the breech position at term: planned caesarean delivery or planned vaginal birth. A trial entitled: *The Promotion of Breast Feeding Intervention Trial (PROBIT) in Belarus, Phase 2* was also funded by the National Health Research and Development Program, the Thrasher Fund and UNICEF (Geneva). The goal of this study is to determine if a causal relationship exists between breastfeeding and infant health (reduced gastrointestinal and respiratory morbidity) in the first year of life. Dr. Hodnett also received funding from the PSI for a *Partogram Trial* to evaluate whether a graphic representation of labour progress will improve the detection and treatment of dystocia, thereby reducing the caesarean section rate. Our fall newsletter will provide an in-depth profile of Dr. Hodnett's program of research.

Bettina Braj received the University of Toronto Faculty of Nursing Distinguished Alumni Award in recognition of her leadership and contribution to advancing professional nursing practice. Bettina is a clinical nurse specialist/nurse practitioner in the Dialysis Program at the Hospital for Sick Children.

Geraldine (Jody) MacDonald obtained her Doctorate of Education from the University of Toronto. Her dissertation was entitled: *Sustaining energy for caring: The experience of mothers who are nurses*. Congratulations, Jody!

Dr. Bonnie Stevens, Associate Professor, University of Toronto was honoured with the 1996 Canadian Pain Society Early Career Research Award for her work with children's pain management. The Canadian Pain Society is a multidisciplinary group of health professionals committed to advances in pain management.

Dr. Bonnie Stevens was also the recipient of the Sigma Theta Tau, Lambda Pi Chapter Award of Excellence in Research.

Judy Watt-Watson received her Doctorate of Philosophy from the Institute of Medical Science, University of Toronto. Her dissertation was entitled: *The relationship between nurses' empathic responses and pain management in acute care*. Judy presented her paper to the World Congress on Pain in Vancouver, B.C. in August and to the American Pain Society in Washington, D.C. in November. Congratulations, Judy!

The Case Western Reserve University in Cleveland, Ohio granted *Leslie Young-Lewis* her Doctorate in Philosophy. Leslie's dissertation was entitled: *Factors contributing to the readmission of previously healthy low risk neonates for hyperbilirubinemia*. Congratulations, Leslie!

*Newsletter Committee
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*Stephanie Amey
Raquel Meyer
Adrian Winslow*

Jackie Willems

*Pamela Hubley
Elizabeth Peereboom
Krista Samson*

Lambda Pi Chapter Member Publications (1996)

by Raquel Meyer and Jackie Willems (U of T); Adrian Winslow (Ryerson)

Fitch, M., Eifert, C., Mathewman, J., Mosley, J., Pearce, J., & Williams, S. (1996). Identifying competencies essential for critical care nursing; A Canadian perspective. *Official Journal of the Canadian Association of Critical Care Nurses*, 7(4), 11-19.

Hodnett, E. D. (1996). Nursing support of the laboring woman. *Journal of Obstetric Gynecologic, and Neonatal Nursing*, 25, 257-264.

Hodnett, E. (1996). Care from a midwife team was effective. Invited commentary, *Evidence-Based Medicine*, 3(1), 94.

Hannah, M., Ohlsson, A., Farine, D., Hewson, S., **Hodnett, E.**, Myhr, T., Wang, E., Weston, J., & Willan, A. (1996). A comparison of induction of labour with expectant management for prelabor rupture of the membranes at term. *New England Journal of Medicine*, April, 18.

Dalby, D., Williams, J. I., **Hodnett, E.**, & Rush, J. (1996). Postpartum safety and satisfaction following early discharge. *Canadian Medical Association Journal*, 87(2), 90-94.

Hodnett, E., Kaufman, K., **O'Brien-Pallas, L.**, Chipman, M., Watson-MacDonell, J., & Hunsberger, W. (1996). A strategy to promote research-based nursing care: Effects on childbirth outcomes. *Research in Nursing & Health*, 19, 13-20.

McBride, S., & Nagle, L. (1996). Attitudes toward computers: A test of construct validity. *Computers in Nursing*, 14, 164-170.

Hernandez, C. & **O'Brien-Pallas, L.** (1996). Practical approaches to establishing and maintaining system reliability and validity. *Canadian Journal of Nursing Administration*.

Hernandez, C. & **O'Brien-Pallas, L.** (1996). Validity and reliability of nursing workload measurement systems: strategies for nursing administration. *Canadian Journal of Nursing Administration*.

Baumann, A., **O'Brien-Pallas, L.**, Deber, R., **Donner, G.**, Semogas, D. & Silverman, B. (1996) Downsizing in the hospital: A restructuring process. *Health Care Management*

Forum, December.

Sanchez-Sweatman, L. R. (1996). Hospital ethics committees: A reflection of medical model decision-making. *Health Law Review*, 4(1), 5-7.

Sanchez-Sweatman, L. R. (1996). Teaching legal issues in university nursing programs. *Health Law Review*, May, 120-125.

Stevens, B. (1996). Pain management in newborns: How far have we progressed in research and practice? *Birth*, 23(4), 229-235.

Stevens, B. (1996). Management of painful procedures in the newborn. *Current Opinion in Pediatrics, Neonatology and Perinatology*, 8(2), 102-107.

Stevens, B., Johnston, C., Petryshen, P. & Taddio, A. (1996). The premature infant pain profile: Development and initial validation. *Clinical Journal of Pain*, 12(1), 13-22.

Johnston, C., **Stevens, B.**, Yang, F. & Horton, L. (1996). Developmental changes in response to heelstick by premature infants: A cohort study. *Developmental Medicine and Child Neurology*, 38, 438-445.

Johnston, C. & **Stevens, B.** (1996). Experience in a neonatal intensive care unit affects pain response. *Pediatrics*, 98(5), 925-930.

Wheeler, M. M., & **Waddell, J.** (1996). Perspective: Organizational career development: An overview. *Canadian Journal of Nursing*, 9(4), 107-110.

*We are pleased to
welcome our
new Newsletter
editor*

Cathy Walsh !!

Lambda Pi Chapter Member Presentations (1996)

by Raquel Meyer and Jackie Willems (U of T); Adrian Winslow (Ryerson)

Hodnett, E. Challenges in introducing evidence-based nursing practice. *Magee Women's Research Institute, University of Pittsburgh, Pittsburgh, PA, January 29.*

Hodnett, E. The BRINC Trial: Evaluation of a strategy to implement evidence-based intrapartum nursing care. *Grand Rounds, Magee Women's Hospital, Pittsburgh, PA, January 30.*

Hodnett, E. Effective research dissemination strategies: Are nurses different from physicians? *Seminar, Magee Women's Research Institute, University of Pittsburgh, Pittsburgh, PA, January 30.*

O'Brien-Pallas, L. The relationship among strengthened health human resources and health for all outcomes: The case of nursing and midwifery. *Global Network of WHO Collaborating Centre for Nursing and Midwifery Conference: "Nursing and Midwifery Making a Difference in Health for All", Bahrain, March.*

Pearce, J., & Mulcahy, V. (1996). Nursing care of the mouth: The state of the art. *The Toronto Hospital Research Day, Toronto.*

Pringle, D. Finding alternatives in a changing system: Keeping the compass ahead of the clock. *Dalhousie University School of Nursing Research Day, Halifax, N.S., October 17.*

Stevens, B., Petryshen, P., Smith, B. Developmental care for the very low birth weight (VLBW) infant: Impact on clinical outcomes, parental stress and costs. *The Physical and Developmental Environment of the High-Risk Infant, Clearwater, Florida., January 25-27.*

Stevens, B. On the cutting edge of change: Assessment and management of pain in infants in the 90's. *Bronson-Butterworth Conference, Kalamazoo, Michigan, April 25.*

Taddio, A., Shennan, A., **Stevens, B.**, Johnston, C., Koren, G. Safety of lidocaine-prilocaine cream (EMLA) in premature and full-term neonates. *The American Pediatric Society and the Society for Pediatric Research Meetings, Washington, D.C., May 5-9.*

Stevens, B. The advantages and disadvantages of using composite multidimensional measures for the assessment of pain in infants. *Measurement of Pain in Children Conference, Halifax, October.*

Stevens, B. New concepts in pain management for vulnerable patients: Infants and children. *Integrating Pain Management Concepts into Nursing Education: An Update for Nurse Educators, Seattle, Washington, August 14-15.*

Johnston, C., **Stevens, B.**, Stremier, R. Sucrose, but not rocking, decreases pain response in preterm infants. *The 8th World Congress on Pain, Vancouver, August 17-22.*

Stevens, B., Johnston, C., Taddio, A., Koren, G., Aranda, J. The safety and efficacy of EMLA for heel lance in preterm infants. *The 8th World Congress on Pain, Vancouver, August 17-22.*

Ballantyne, M., **Stevens, B.**, Dionne, K., McAlister, M., **Willems, J.** Clinical Validation of the premature infant pain profile (PIPP). *The 8th World Congress on Pain, Vancouver, Aug. 17-22.*

Lambda Pi Chapter Member Presentations (1996)

by Raquel Meyer and Jackie Willems (U of T); Adrian Winslow (Ryerson)

Watt-Watson, J., Garfinkel, P., Stevens, B., Gallop, R. & Streiner, D. Patients' perception of their pain experience after coronary bypass graft surgery. *15th Annual Scientific Meeting of the American Pain Society, Washington, November 14-17.*

Watt-Watson, J., Garfinkel, P., Stevens, B., Gallop, R. & Streiner, D. Nurses empathy and pain knowledge-beliefs and patients' experiences in a surgical setting. *The Interdisciplinary Health Research Conference, Ottawa, November 28 - 30.*

Williams, S. The Nurse of the Future. *Closing and Opening a New Millennium, Ontario Hospital Association Conference for Nurse Executives, May 16.*

Member Achievements: Grants

The Nursing Effectiveness, Utilization, and Outcomes Research Unit (1996-2001) received renewed funding by the Ministry of Health. *Linda O'Brien-Pallas* is the Co-director of the University of Toronto Site. This unit, formerly known as the Quality of Nursing Worklife Research Unit, is a collaborative effort with McMaster University. Co-investigators appointed to the unit include Dr. Gail Donner, president of the Lambda Pi Chapter, *Dr. Dorothy Pringle*, Dr. Ruth Gallop, *Dr. Diane Irvine*, *Dr. Souraya Sidani*, *Linda McGillis Hall* (PhD candidate), Dr. Raisa Deber, and Dr. Michael Carter.

Linda McGillis Hall (PhD candidate) was the recipient of an international research grant from the Small Grants Program of Sigma Theta Tau International in Indianapolis, Indiana.

S. Sidani, Diane Irvine, Linda O'Brien-Pallas, A. Mitchell, H. Porter, D. Reidelmeir, Jane Graydon, Beverly Simpson, Linda McGillis-Hall and *L. Nagle* received funding from the NHRDP for the study: "The acute care nurse practitioner: Factors that influence role implementation, clinical and organizational outcomes".

Also funded by the NHRDP in 1996 is the study: "Restructuring of health human resources: A critical issue" with investigators *A. Baumann, Linda O'Brien-Pallas, R. Deber, P. Giovannetti, J. Hibberd* and *J. Blythe*.

Dr. Diane Irvine received funding from the NHRDP for a study examining the effectiveness of a model of teaching methods for nurses, doctors and allied health professionals for improving practice. Co-investigators include *Ross Baker, Souraya Sidani* and *Jean Trimmell*.

Dr. Bonnie Stevens received funding from the Hospital for Sick Children Foundation for the study: A comparison of hospital and home chemotherapy for children with leukemia. Co-investigators on the study include *M. Booth, Pat McKeever, M. Greenberg, C. Millar* and *A. Gafni*.

Dr. Sandra Mc Bride, Dr. Jane Graydon, Dr. Souraya Sidani, & L. Hall. received funding from the Ontario Respiratory Care Society to study the Effectiveness of Strategies Used by People with COPD and Asthma to Cope with their Dyspnea.

Future Events

34th STT International Biennial Convention

Celebrating 75 years of excellence

**Theme: Clinical Scholarship
Worldwide Scientific Sessions
Theme: Scholarship of Discovery**

**December 2 - 6, 1997
Indianapolis Convention Center
Indianapolis, Indiana**

Ninth STT International Nursing Research Congress

**Theme: Sharing the Health
Challenge:
A Research Perspective**

**Date: June 21, 1997
Location: Vancouver, British Columbia**

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